

# **Oven Baked Sausage, Eggs, and Bacon**

Baking sausage, eggs, and bacon can be an excellent way to contain grease splatters, making clean up far easier. Baking bacon is also an excellent way to make sugar or honey flavored bacon. Place the bacon in an oven safe pan. Sprinkle brown sugar, or a teaspoon of honey over top, cover, and bake until the bacon is done. It will not be as crispy as stove top bacon. Oven baking is also less work on the arms because there is no stirring. Scrambled eggs will turn out more like a baked omelet. Directions for microwave scrambled eggs are included.

## **Pre Cook Preparation:**

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

## **Meal Adaptations:**

### **Physical Accommodations:**

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

### **Visual Accommodations:**

Colored chopping boards

### **Potential Food Allergy or Intolerance:**

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

**Meatless Preparation Avoid:**

Bacon

Butter

Chicken

Eggs

Sausage

Pork

Turkey

Substitute with: \_\_\_\_\_

**Utensils:**

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: Oven safe bake ware

**Ingredients:****Meat:**

12 slices of bacon

6 eggs

3 pieces of sausage

Note: You can use turkey bacon and turkey sausage for less grease.

**Vegetables:****Optional:**

1/4 cup of mushrooms

1/4 cup of onions

**Other ingredients:**

Dash of salt

Spices, such as pepper, to taste

**Optional:**

2 tablespoons of brown sugar, or

2 tablespoons of honey

**Preparation time: 10 minutes**

**Preparation:**

1. Place bacon and sausage on a baking sheet at least a half inch high.
2. Place in oven at 350 degrees, until crispy.  
Bacon may be done and still feel soft and flexible.  
Note: Untested: scrambled eggs in an oven safe pan,
3. Or scramble the eggs in the microwave, stirring with a toothpick after a minute and 20 seconds to verify they are done.

**Cook Temperature: 350 degrees**

**Cook Time: 15 to 20 minutes**

**Servings: 2 to 4**

**Storage Solutions: Square containers in individual servings with or without vegetables**

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.